

Mr. Speaker, Doug Chaffin has served his bank and his community with distinction and honor. I ask that my colleagues join me in congratulating him on this well deserved recognition.

RECOGNIZING "AMERICAN HEART MONTH"

**HON. DANNY K. DAVIS**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Thursday, February 17, 2011*

Mr. DAVIS of Illinois. Mr. Speaker, I rise today to bring awareness of the increase in cardiovascular diseases in the United States. Since 1963, to urge Americans to join the battle against these diseases, Congress has requested that the President issue an annual proclamation designating February as "American Heart Month." Throughout this month, volunteers, educators, health professionals, community leaders and others will devote time to increase awareness about the number one killer of Americans: Cardiovascular disease. Since 1900 cardiovascular disease has accounted for more deaths than any other major cause of death in the U.S., 1 out of every 3. Every 25 seconds someone has a coronary event and every 40 seconds someone has a stroke. According to the American Heart Association Heart Disease and Stroke Statistics 2010 Update, the estimated direct and indirect costs of CVD for 2010 totaled \$503.2 billion.

Heart disease impacts all ethnic groups, men and women, young and old. Strokes occur more often in women and twice as often in African Americans. Just reported this month at the American Stroke Association conference were statistics showing a 51% increase in strokes in 15–34 year old men and a 17% increase in 15–34 year old women. The average age of a person having a first heart attack is 64.5 for men and 70.3 for women. As overweight and obesity—believed to be the major reasons for these alarming statistics—become more prevalent in our society, the risk of CVD and stroke begins to occur at younger ages.

There are 9 modifiable risk factors for heart disease, 5 of which are related to diet. These include hypertension, abnormal blood lipids, abdominal obesity, diabetes, decreased intake of fruits and vegetables and overconsumption of alcoholic beverages. All of these risk factors could be controlled with healthy eating habits and an active lifestyle.

I am pleased to have the headquarters for the American Dietetic Association (ADA) in my Congressional District. The ADA is the foremost authority in providing nutrition counseling throughout the country. In fact, the more than 71,000 registered dietitians and nutrition professionals who are members support the 'eat right' campaign targeted toward all Americans—young and old. The work that they are doing is making a difference in the fight against heart disease and stroke and is improving the health of our citizens.

Having Medical Nutrition Therapy (MNT) covered by Medicare for beneficiaries diagnosed with hypertension and abnormal blood lipids must happen if we are to have any impact at conquering CVD and its associated deaths. Medical Nutrition Therapy provided by a registered dietitian has been shown to effec-

tively aid in normalizing blood pressure, blood sugar and serum cholesterol levels, while also promoting any necessary weight loss. The lifestyle changes needed to provide the improvements in these risk factors cannot be made by most Americans without the vital assistance of the registered dietitian. By helping people eliminate or improve these risk factors, Medicare will avoid paying for the expensive treatments, procedures and hospitalizations that occur due to a cardiovascular event, thus creating a shift from health "care" to health "prevention".

I commend the American Heart Association and the National Heart, Lung and Blood Institute (NHLBI) for their numerous programs and educational materials made available to the public to help them adapt a healthier lifestyle. Many employers and churches are participating in programs which encourage them to create a culture of physical activity and healthy eating to live longer, heart-healthy lives through walking. The NHLBI program "Healthy Hearts, Healthy Homes", presents important information about a specific risk factor for heart disease, high blood pressure, in a user-friendly and clear manner for Latinos. Several Point-of-Purchase food labeling programs are being used by various grocery stores to help their customers make the healthiest choices.

The 2020 Impact Goal of the American Heart Association states: By 2020, to improve the cardiovascular health of all Americans by 20% while reducing death from cardiovascular diseases and stroke by 20%. It will take all of us working together, encouraging our friends, families and co-workers, to live a healthier lifestyle in order to make this become a reality.

HONORING VONNIE WARE

**HON. BENNIE G. THOMPSON**

OF MISSISSIPPI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, February 17, 2011*

Mr. THOMPSON of Mississippi. Mr. Speaker, I rise today to honor a remarkable public servant Mr. Vonnie Ware. Mr. Ware owns and operates his own cook syrup farm and has raised cattle for the past twenty years. His parents W.H. and Lovie Dier-Ware had nine children. His father was a Blacksmith who owned his own land.

His wife's father, Samuel Mallet, owned and operated his own farm in the Thomastown community where they could hear the bells ringing on the plantation two miles away. His father shoed horses for twenty-five cents (.25) a head. The children that lived on the plantation never went to school until it rained. He says, "That's why I say we are just one step from the plantation, because I still meet the same men today who can't read or write."

Out of all the injustice they endured, Vonnie's parents never taught them to hate anyone because of his skin color. His grandparents were Will and Lizer Griffin-Dier. He considered his grandfather his greatest hero and stayed with him when he was a small boy.

Vonnies grandfather was a Deacon in his church and owned and operated his own farm. He was also a syrup cooker. His grandfather wasn't allowed any kind of benefits because he owned his own land. Vonnie followed in his grandfather's footsteps.

His Aunt Frances Dier taught school 40 years in Leake County. She walked for miles to school since she could not ride the bus because she was black. One day, the bus passed and splashed mud on her; she stepped in the ditch and prayed that one day her people would be able to ride the bus like the white people.

Today, Vonnie Ware is a past TAC (Thomastown Attendance Center) Booster club President of four years. He was also a trustee at Leake Memorial Hospital for two years. He is an active member of the Leake County Voters League.

Vonnies Ware speaks from his heart when he says: "We are thankful for the old freedom fighters that humbled themselves and denied themselves of speaking like they were men or women. They knew what the blacks knew. It was difficult to see "white only" signs up everywhere you go. This hurts my soul to write anymore about it In order for a young man to succeed, he must do these three things: Believe in God, vote, and know how to spend his money. We have come a long way BUT we still have a long way to go. We must press on."

FULL-YEAR CONTINUING APPROPRIATION ACT, 2011

SPEECH OF

**HON. BRAD SHERMAN**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, February 15, 2011*

The House in Committee of the Whole House on the State of the Union had under consideration the bill (H.R. 1) making appropriations for the Department of Defense and the other departments and agencies of the Government for the fiscal year ending September 30, 2011, and for other purposes:

Mr. SHERMAN. Mr. Chair, Congressman FRANK and Congressman HOLT offered amendments reducing funding for the Internal Revenue Service, and increasing funding for the SEC and the Consumer Financial Protection Bureau, respectively.

I do not support a reduction in the budget of the Internal Revenue Service, nor do I support the rather modest cut to the General Services Administration included in the Frank Amendment

I believe that if the House adopts the Frank and Holt Amendments that the Senate will provide the funds to the Securities and Exchange Commission and the Consumer Financial Protection Bureau indicated in those amendments, and will also restore the funds to the IRS and the GSA. Accordingly, I did not vote for these amendments as if they were the last word that Congress would utter regarding the funding of the SEC, the Consumer Financial Protection Bureau, the IRS, and the GSA. Rather, I believe that in the Senate, and in the Conference committee, the support registered for the Frank and Holt Amendments will bolster the claim of those trying to provide adequate funding for the SEC and the Consumer Financial Protection Bureau, but will not undercut those of us seeking adequate funding for the IRS and GSA.

My support for IRS funding does not mean that I do not think that there needs to be significant reform of the IRS, its operations, and